

# A Healthier You Legacy Awards Healthy Community Awards Program Criteria 2010



FOCUS AREAS	CRITERIA CATEGORIES		
	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
	<p>Written and monitored city/town policies, procedures or ordinances</p> <p>Required number of policy criteria for each level:  <b>Bronze – 3</b>  <b>Silver – 7</b>  <b>Gold – 12</b>  <b>Platinum – 16</b></p>	<p>Basic facilities, equipment, resources and environmental supports provided in/by the city/town</p> <p>Required number of infrastructure criteria for each level:  <b>Bronze – 3</b>  <b>Silver – 7</b>  <b>Gold – 12</b>  <b>Platinum – 18</b></p>	<p>Expected changes that will result from the implementation of the program/activity and methods to measure progress</p> <p>Required number of outcomes criteria for each level:  <b>Bronze – 2</b>  <b>Silver – 3</b>  <b>Gold – 4</b>  <b>Platinum – 5</b></p>
<p><b>General Community (G 1-12)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>G1.</b> Official proclamation or resolution to participate in Healthy Community Awards Program by Mayor, city manager, and/or city or community council</li> <li><input type="checkbox"/> <b>G2.</b> Written Healthy Communities Awards Program (HCAP) plan that describes which policy, infrastructure and outcome the community will work on in the next year.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>G3.</b> Community-wide health coalition addressing each of the 5 focus areas in HCAP</li> <li><input type="checkbox"/> <b>G4.</b> Existence of city/town and/or county website</li> <li><input type="checkbox"/> <b>G5.</b> City/town and/or county government websites link with relevant state and local community service websites</li> <li><input type="checkbox"/> <b>G6.</b> 75% of city's/town's elementary schools participate in the Gold Medal School Program</li> <li><input type="checkbox"/> <b>G7.</b> City/town and/or county government worksites participate in the Healthy Worksite Awards program</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>G8.</b> Increase number of visitors to health-related resources on city/town website</li> <li><input type="checkbox"/> <b>G9.</b> Increase media outreach on city's/town's HCAP process</li> <li><input type="checkbox"/> <b>G10.</b> Each Gold Medal School achieves the next highest criteria level</li> <li><input type="checkbox"/> <b>G11.</b> Increase in number of government worksites that qualify for the Healthy Worksite Award.</li> <li><input type="checkbox"/> <b>G12.</b> Conduct a community needs assessment to identify available resources for physical activity and healthy eating</li> </ul>

Focus Area	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
<b>Physical Activity (P 1-17)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>P1.</b> Develop and adopt a master transportation plan that promotes healthy lifestyles</li> <li><input type="checkbox"/> <b>P2.</b> Policy to build and/or replace sidewalks to be in compliance with pedestrian safety standards</li> <li><input type="checkbox"/> <b>P3.</b> Ordinance that requires new subdivisions to provide sidewalks and lights</li> <li><input type="checkbox"/> <b>P4.</b> Policy for the inclusion of trail systems and walking/bicycling paths in existing and new subdivisions</li> <li><input type="checkbox"/> <b>P5.</b> Incorporate transportation policy to promote non-motorized and mass transportation</li> <li><input type="checkbox"/> <b>P6.</b> Policy to regularly assess recreation center/facilities accessibility and affordability</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>P7.</b> Increase the signage, or informational materials that promote trails, bike-board-blade parks or equestrian trails, etc.</li> <li><input type="checkbox"/> <b>P8.</b> Promote use of existing Legacy Gold Medal Miles and permanent marked distance walking trails</li> <li><input type="checkbox"/> <b>P9.</b> Conduct a community audit to identify transportation practices and physical activity related policies</li> <li><input type="checkbox"/> <b>P10.</b> Expand and/or connect existing trails</li> <li><input type="checkbox"/> <b>P11.</b> Work with local recreation and ski areas to jointly promote inexpensive equipment rental, lessons, and ski opportunities for Utah families.</li> <li><input type="checkbox"/> <b>P12.</b> Develop safe routes and systems for children and seniors that encourage walking and biking in neighborhoods and to schools.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>P13.</b> Increase percent of residents who walk or ride a bike for transportation</li> <li><input type="checkbox"/> <b>P14.</b> Increase in residents reporting awareness and / or use of Legacy Mile trails</li> <li><input type="checkbox"/> <b>P15.</b> Increase in number of residents reporting use of community physical activity facilities and environments</li> <li><input type="checkbox"/> <b>P16.</b> Increase in number of affordable public or private recreation centers</li> <li><input type="checkbox"/> <b>P17.</b> Increase in miles of designated walking / biking trails</li> </ul>

Focus Area	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
<b>Nutrition (N 1-23)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>N1.</b> Policy requiring healthy food and beverage choices in city / town and county-owned / managed facilities and at city / town-sponsored functions</li> <li><input type="checkbox"/> <b>N2.</b> Policy for the development and management of community or neighborhood gardens</li> <li><input type="checkbox"/> <b>N3.</b> Policy for the development and management of farmers markets</li> <li><input type="checkbox"/> <b>N4.</b> Policy or action plan to create a breastfeeding-friendly workplace for city / town employees and clientele</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>N5.</b> Municipal facilities (including recreational facilities) have healthy food options, including catered items, on-site food service and vending</li> <li><input type="checkbox"/> <b>N6.</b> Municipal facilities (including recreational facilities) are free of advertising for unhealthy food items</li> <li><input type="checkbox"/> <b>N7.</b> Grocers actively promote sales of fruits and vegetables through creative pricing and marketing</li> <li><input type="checkbox"/> <b>N8.</b> Restaurant and grocery stores have systems in place to donate fresh fruit and vegetables to local food banks</li> <li><input type="checkbox"/> <b>N9.</b> Support the use of locally grown produce in grocery stores, restaurants, schools, and worksites</li> <li><input type="checkbox"/> <b>N10.</b> Work with local food retailers to adopt family-friendly policies limiting displays promoting unhealthy foods to children</li> <li><input type="checkbox"/> <b>N11.</b> Locally grown fruits and vegetables are available through community-based gardening, farmers markets and community-supported agriculture</li> <li><input type="checkbox"/> <b>N12.</b> Create a local policy committee/council that represents a wide range of</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>N19.</b> Increase in number of healthy food and beverage choices available at city / town and county-owned / managed facilities</li> <li><input type="checkbox"/> <b>N20.</b> Increase in number of residents using community gardens</li> <li><input type="checkbox"/> <b>N21.</b> Increase in number of residents using farmers markets</li> <li><input type="checkbox"/> <b>N22.</b> Increased availability of healthy options in neighborhood food stores and food banks</li> <li><input type="checkbox"/> <b>N23.</b> Increase in number of restaurants with nutrition information available at point of purchase</li> </ul>

organizations with a stake in the local food system that develops policies to improve access to fruits and vegetables and support local agriculture.

- N13.** Partner with faith-based organizations to promote healthy eating.
- N14.** Sponsor a community initiative to increase fruit and vegetable access or consumption
- N15.** Encourage restaurants to offer and label healthier choices through a healthy dining program and/or to offer healthy menu choices with appropriately-sized portions and general nutritional information available at point-of-purchase
- N16.** Municipal offices have worksite breastfeeding policies that are communicated to all staff
- N17.** Public places include breastfeeding-friendly environments and signage
- N18.** Conduct a community-wide campaign to promote breastfeeding as normal infant feeding

Focus Area	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
<p><b>Safety</b> <b>(S 1-25)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>S1.</b> Local policy for bike-board-blade helmets for all users</li> <li><input type="checkbox"/> <b>S2.</b> Policy that plans for all sidewalks and crosswalks to meet Americans with Disabilities Act requirements</li> <li><input type="checkbox"/> <b>S3.</b> Policy requiring sidewalks to be cleared of snow and vegetation</li> <li><input type="checkbox"/> <b>S4.</b> Policy that sets speed limit at 25 mph or less in residential areas</li> <li><input type="checkbox"/> <b>S5.</b> Ordinance requiring helmets at skate parks and on community trailways</li> <li><input type="checkbox"/> <b>S6.</b> Written implementation plans for all sidewalks &amp; crosswalks to meet Americans with Disabilities Act requirements by 2012</li> <li><input type="checkbox"/> <b>S7.</b> Policy encouraging the safe use of motorized scooters</li> <li><input type="checkbox"/> <b>S8.</b> Policy that increases moving violation penalties when occurring in or around a school zone or park</li> <li><input type="checkbox"/> <b>S9.</b> Policy that encourages local law enforcement to increase crosswalk enforcement.</li> <li><input type="checkbox"/> <b>S10.</b> Policy that requires all employees to wear seatbelts in motor vehicles on the job</li> <li><input type="checkbox"/> <b>S11.</b> Provide and promote</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>S14.</b> Existence of bike lanes; maintenance of bike lanes</li> <li><input type="checkbox"/> <b>S15.</b> Increase safety features of crosswalks and sidewalks near schools and senior centers (ex: raised crosswalks)</li> <li><input type="checkbox"/> <b>S16.</b> Participate in Safe Routes to School program through Utah Department of Transportation (UDOT)</li> <li><input type="checkbox"/> <b>S17.</b> Helmet or Protective Gear Signage posted at bike-board blade parks, parks, and community trailways</li> <li><input type="checkbox"/> <b>S18.</b> Increase safety features of crosswalks and sidewalks near schools and senior centers (ex: raised crosswalks)</li> <li><input type="checkbox"/> <b>S19.</b> Sidewalks present for all major streets.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>S20.</b> Increase in miles of marked bike lanes</li> <li><input type="checkbox"/> <b>S21.</b> Increase in percentage of adults and youth observed using bike/board/blade helmets</li> <li><input type="checkbox"/> <b>S22.</b> Increase in number of schools with current Safe Routes to School policies, programs and Student Neighborhood Access Programs in place <ul style="list-style-type: none"> <li>• Increase in miles of marked bike lanes</li> <li>• Increase in percentage of adults and youth observed using bike/board/blade helmets</li> <li>• Increased number of citations for crosswalk violations.</li> <li>• Increased number of major streets that have sidewalks.</li> </ul> </li> <li><input type="checkbox"/> <b>S23.</b> Increased number of exercise classes geared for the elderly.</li> <li><input type="checkbox"/> <b>S24.</b> Increased number of available domestic violence and/or rape and sexual assault victim services</li> <li><input type="checkbox"/> <b>S25.</b> Increased number of local domestic violence and/or sexual violence coalitions</li> </ul>

	<p>exercise classes geared for older adults to improve balance and prevent falls.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>S12.</b> Policy requiring the availability of domestic violence and/or rape and sexual assault victim services</li> <li><input type="checkbox"/> <b>S13.</b> Policy establishing local domestic violence and/or sexual violence coalitions.</li> </ul>		
<b>Focus Area</b>	<b>POLICY</b>	<b>INFRASTRUCTURE CHANGE</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>T10.</b> All parks and outdoor recreation facilities are tobacco-free</li> </ul> <p><b>OUTCOMES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>T11.</b> All city/county owned facilities are tobacco-free</li> <li><input type="checkbox"/> <b>T12.</b> All city and county sponsored events are tobacco-free</li> </ul>
<b>Tobacco and Drug Free Communities (T 1-13)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>T1.</b> Ordinance prohibits tobacco use in parks and outdoor recreation facilities</li> <li><input type="checkbox"/> <b>T2.</b> Comprehensive worksite tobacco policy in place at city/county owned facilities</li> <li><input type="checkbox"/> <b>T3.</b> Policy that prohibits tobacco use at city/county sponsored events</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>T3.</b> Posted Drug-Free Zones designated near schools and parks</li> <li><input type="checkbox"/> <b>T4.</b> Enforcement of policy prohibiting tobacco use in parks and recreation facilities</li> <li><input type="checkbox"/> <b>T5.</b> Appropriate signage of policy for ordinance prohibiting tobacco use in parks and outdoor recreation facilities</li> <li><input type="checkbox"/> <b>T6.</b> Appropriate signage and enforcement of policy prohibiting tobacco at city/county owned facilities</li> <li><input type="checkbox"/> <b>T8.</b> Resources to help employees/patrons quit are made available (i.e. information on local cessation classes or refer to Utah Tobacco Quit Line or QuitNet</li> <li><input type="checkbox"/> <b>T9.</b> Ensure appropriate insurance coverage for cessation</li> </ul>	

		medications and counseling is available for city/county staff	
Focus Area	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
<b>Air Quality (A 1-4)</b>	<input type="checkbox"/> <b>A1.</b> Develop an Idle Free policy for school zones, Government/business cars (or on campus), and/or city busses <input type="checkbox"/> <b>A2.</b> Develop a policy to promote public transportation, alternative transportation, and ride share.	<input type="checkbox"/> <b>A3.</b> Improved signage for Idle Free Zones	<input type="checkbox"/> <b>A4.</b> Increase the number of buses participating in a bus-retrofitting program.
Focus Area	POLICY	INFRASTRUCTURE CHANGE	OUTCOMES
<b>Emergency Medical Services (E 1-7)</b>	<input type="checkbox"/> <b>E1.</b> Community has a written policy to place Automatic External Defibrillators (AEDs) in all government (city/county) facilities <input type="checkbox"/> <b>E2.</b> Community has a written policy in place to review AED inventory annually and notify local EMS of location of AEDs	<input type="checkbox"/> <b>E3.</b> EMS has access to Enhanced 911 <input type="checkbox"/> <b>E4.</b> AEDs are placed in Government (city/county) facilities. <input type="checkbox"/> <b>E5.</b> Annual public awareness campaign, targeting a specific segment of the population, on one of the following: the signs and symptoms of heart attack and the need to call 911 or the signs and symptoms of stroke and the need to call 911	<input type="checkbox"/> <b>E6.</b> Increased number of AEDs are placed in the community <input type="checkbox"/> <b>E7.</b> Increased number of 911 calls for stroke and heart attack